

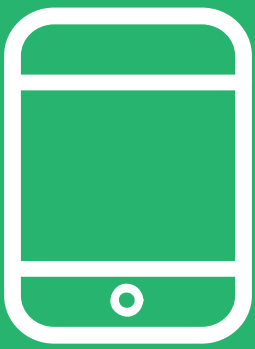
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OPTIONS FOR EXPERIENCE SAMPLING TECHNOLOGY



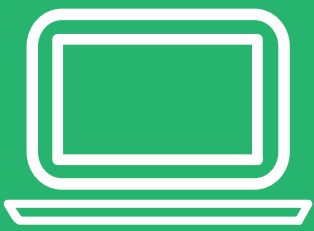
PAPER & PENCIL

Participants write answers to questions at certain times of day, or when prompted by a device, such as a watch. This method is relatively simple and cost-effective - until you start entering data by hand.



PDA'S

Personal digital assistants are relatively inexpensive, allow you to download data, and prevent "backfilling" that can occur with paper & pencil. However, PDA's are old technology and are "another thing" to carry.



EMAIL

Emailing participants surveys is simple and cost-effective. This method is best suited for studies that are not concerned with momentary changes - so are a good option for daily-diary sampling schedules.



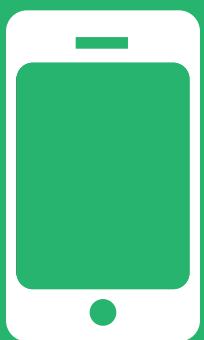
SMS/TEXT MESSAGING

This method is also relatively inexpensive, and participants can use their own devices (as long as they have data or an internet connection). SMS/Text is useful, but not as flexible as a smartphone app can be.



PHYSIOLOGICAL SENSORS

You can use sensors to track physiological variables, such as heart rate and activity, over time. These sensors can be expensive, and provide overwhelming amounts of data, but can give useful insights.



SMARTPHONE APP

While you need to make sure the app is up to date, and this method can be a little more expensive, mobile apps allow participants to use their own devices, give lots of flexibility, and have the potential for integrating with, or running alongside sensors.